

Medium Term Plan - Design and Technology: Cooking and Nutrition	
Year 4	
Suggested Class Texts: Projects On A Page	Hook: As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.
Topic Outcomes: To prepare and cook a variety of savoury dishes using a range of cooking techniques.	
Design and Technology concepts:	
EYFS + KS1 User, Purpose, Functionality, Design and Innovation.	KS2 User, Purpose, Functionality, Design decisions, Innovation and Authenticity.
Vocabulary LKS2: name of products, names of equipment, utensils, techniques and ingredients, texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet, planning, design criteria, purpose, user, annotated sketch, sensory evaluations UKS2: ingredients, yeast, dough, bran, flour, wholemeal, unleavened, baking soda, spice, herbs, fat, sugar, carbohydrate, protein, vitamins, nutrients, nutrition, healthy, varied, gluten, dairy, allergy, intolerance, savoury, source, seasonality utensils, combine, fold, knead, stir, pour, mix, rubbing in, whisk, beat, roll out, shape, sprinkle, crumble.	

Previous Skills		Previous Knowledge		Previous Understanding
<ul style="list-style-type: none"> • use the basic principles of a healthy and varied diet to prepare dishes • prepare and cook a variety of savoury dishes using a range of cooking techniques 		<ul style="list-style-type: none"> • understand where food comes from • understand and apply the principles of a healthy and varied diet 		<ul style="list-style-type: none"> • understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed
	Prior Learning / Recall	Learning Objective	Lesson Outcome Children will be able to:	Suggested Resources
1	Understand and apply the principles of a healthy and varied diet	<p>The children will be able to understand the importance of a balanced diet.</p> <p>The children will be able to describe fruit using a range of vocabulary.</p>	<ul style="list-style-type: none"> - Children will recap the importance of healthy eating and the 'eat well' plate with a focus on fruit and vegetables. - As a class list the different fruits we like and why- create a word bank of vocabulary to describe different fruits. 	
2		<p>The children will be able to evaluate a product thinking about its purpose and audience.</p> <p>The children will be able to evaluate the taste of a range of smoothies.</p>	<ul style="list-style-type: none"> - Children evaluate the packaging of a product as well as a taste test of the smoothie. - Children to say which they prefer and why. 	<p>Product evaluation sheets.</p> <p>a range of different smoothies</p> <p>paper cups</p>
3		<p>The children will be able to identify how to stay safe and hygienic when making smoothies.</p> <p>The children will recognise a range of equipment that they will use to make their smoothies.</p>	<ul style="list-style-type: none"> - Use the slides to discuss how we keep food fresh and the importance of this. - Either using the video link below or via a life demonstration, show the children how to make a smoothie. Stop along the way and get an adult or child to make notes about health and safety in the kitchen on the white board i.e. washing hand, washing fruit, how to stay safe using knives etc. 	<p>Items and equipment to make smoothie or video.</p>

			<ul style="list-style-type: none"> - Also discuss the equipment needed. - Watch video from 4: 12. https://content.twinkl.co.uk/resource/81/e5/t-d-99-ks1-dt-designing-making-and-evaluating-a-fruit-smoothie-video-lesson_ver_1.mp4?__token__=exp=1671638543-acl=%2Fresource%2F81%2Fe5%2Ft-d-99-ks1-dt-designing-making-and-evaluating-a-fruit-smoothie-video-lesson_ver_1.mp4%2A-hmac=504a1d01e58ef021135a7bca763548e24ae453350d7251e0c39fc59d0f96aea8 - Children to create a health and hygiene poster or leaflet about staying safe when making smoothies. 	
4		The children will follow a recipe to make their own smoothie. The children will use cooking equipment safety.	<ul style="list-style-type: none"> - In groups, the children will chose a recipe card and follow it to make their own smoothie. - Children then evaluate the process of making a smoothie as well as the overall product they have made. - Give the opportunity for each group to share each others smoothies. 	Equipment and ingredients to make smoothies. Recipe cards
5		The children will plan and make their own smoothie recipe.	<ul style="list-style-type: none"> - Children to plan out their own smoothie recipe in small groups including the equipment and method they will need. - Children to then evaluate their smoothie and the process of making it. 	Equipment and ingredients to make smoothies. Planning sheets. Evaluation sheet.